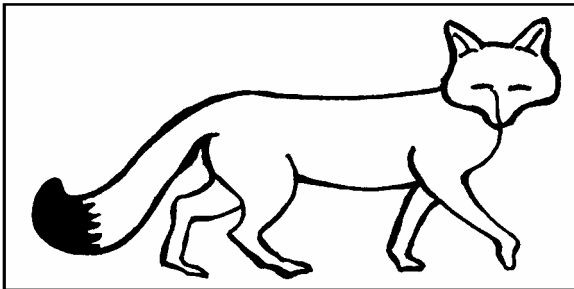


FOXTALES

THE MONTHLY NEWSLETTER OF THE FOX RIVER TRAIL RUNNERS

Volume 11, issue 2

February 2006



What Inside???

- ★ The Race Place (calendar)2
- ★ FRTR Race Circuit revised3
- ★ February birthdays.....3
- ★ How to keep running injury
free by Dr. D. Ginsberg.....4
- ★ Welcome new members.....5
- ★ Great Western update.....5
- ★ 2005 FRTR Circuit winners.....6
- ★ Olympisch Stadionloop by
Chuck Evans.....7

TIME TO RENEW ?

*Check your mailing label for your membership renewal date.
Keep your membership current !*

Presidents Message

We had a great turnout for the FRTR Awards Banquet on Saturday evening. Seventy-one people attended the dinner and awards ceremony. I want to thank Joe Arnold for coordinating this event and doing a super job. Everyone went home with an award, gift certificate or at the very least a full stomach. The food was great, Randy Meyle did the awards for us, and Dick Pond Athletics provided the gift certificates. We took a number of pictures which you can find on our web page. We presented the 2006 FRTR circuit and it is also posted on our web page. The first race is right around the corner, March Madness in Cary. If you haven't signed up yet, you are probably too late, because registration was closed by the first of February. You might be able to find an entry on eBay, but be prepared to make a donation of at least \$100.00.

We also elected members for the Runners Council at the Banquet, and the new positions and contacts can be found on our web page and on the last page of Foxtales. The new council met on Monday evening at the Batavia Library and spent most of the evening discussing group runs and the Great Western Half Marathon. The only piece of business that was voted on and approved was a donation suggestion by Dave Gurnik that we make a small contribution to the Batavia Library. The Library has been very supportive of the club and they let us use their terrific facilities and equipment for free. Many other libraries charge any group using their facility, including not-for-profit groups. The motion was made and carried to donate \$100.00 to the Library.

I hope that everything is good for you and your family, and that we see you at the awards banquet next year.

Winston

On your Mark, Get Set, Enjoy! **THE RACE PLACE**,
by gary moss

For registration or other information on these and other running/biking/triathlon/etc. events, feel free to also check out these running websites: www.frtr.org, www.cararuns.org, www.chicagoaa.com, www.windycitysports.com, www.active.com, www.signmeupsports.com, and/or www.chicagoevents.com

BRINGING YOU MILES OF SMILES FOR 2006!

SUNDAY 2/26, Frosty Footrace 5K, 11am at the Round Lake Beach Park District Sports Center, 2004 Municipal Way. \$15 (\$20 race day), \$8 & \$10 for ages 12/under, 5-Yr Age-Groups to just 60/over, T-shirts only to the first 100 to register (???)

SUNDAY 3/5, LifeStart Wacky 5K (15th Annual), 10am from Plumber's Hall, 1340 W. Washington in Chicago (between Ashland & Racine), with chip-timing. \$23 in advance, \$27 race-day, 5-Yr Age-Groups to 70/over. On-line registration is at www.chicagoevents.com (until 12pm on March 2nd). Mail-in entry must be postmarked by 2/27.

SUNDAY 3/19, St. Paddy's Day 5K & Leprechaun Leap, 10am from Lincoln Park (Diversey & Lake Shore Drive West), with chip timing. \$25 entry, no other info available, go to www.active.com

SUNDAY 4/2, Shamrock Shuffle 8K, the nation's largest 8K (limit of 25,000 runners), 9:30am from Grant Park in Chicago (go to shamrockshuffle.com for course details), with chip timing. \$35 (and no race-weekend registration), 5-Yr Age-Groups to 80+. No race-day packet pick-up either. A 5K Fitness Walk also (same \$35). On-line registration @ www.shamrockshuffle.com. A CARA & Great Western Circuit Race!

SUNDAY 4/9, The Race That's Good For Life 5K (25th Annual), from Oak Park/River Forest High School, with chip timing. Female race at 9am, Male race at 9:50am (Youth mile also for 12/under at 9:35am). \$20 on-line by 4/01, \$22 from 4/02-4/07 and if mailed in by 4/01, and \$25 race-day. Youth mile is \$12 on-line by 4/07, \$15 by mail and on race-day. 5-Yr AG's to 80+, Clydesdale divisions too. On-line registration @ www.signmeup.com. CARA race circuit.

SAT. 4/15, Race to Wrigley 5K, 8am from Wrigley Field (Clark and Waveland) in Chicago. \$25 in advance, \$30 race-day, 3000 participant limit, no other info, so go to www.active.com for more.

SAT. 4/22, Home Health 5K (8th Annual), 8:30am from 115 E. 15th Street in Lombard. \$15 (\$20 race-day), long-sleeved T's, "somewhat hilly", unfortunate 10-Yr AG's to only 60/over. www.signmeup.com.

SUNDAY 4/23, Batavia Fox Trot 5K, 8am from the Batavia Riverwalk, @ Island Avenue & Houston Street. \$17 (\$20 race-day), \$8 for a youth fun run (50 yards to ½ mile), 5-Yr AG's, www.signmeup.com. Great Western Circuit.

SUNDAY 4/30, The Ravenswood Run 5K (10th Annual), 8am from 4550 N. Hermitage Avenue on Chicago's north side, with chip timing. \$25 by 4/30, \$30 race-day, age-groups to 80+. On-line registration is available at www.fleetfeetchicago.com. A CARA circuit race.

SUNDAY 5/7, THE GREAT WESTERN HALF-MARATHON (CARA & Great Western Circuit), 8am from LeRoy Oakes Forest Preserve on Dean Street in St. Charles (about 1/2 mile west of Randall Road & ½ mile north of Rt. 64). Out-and-back course on the magnificent Great Western Trail, with an 800 maximum field (so enter early!), \$28 on-line (no surcharge for on-line registration), \$30 by mail (must be postmarked by 4/22), 5-Yr Age-Groups to 80/over, AND \$1,000 in Age-Graded cash awards (top 10), DRKcomputing finish line results cards, with finish time, average pace per mile, overall and age-group place, master place for ages 40/over, and age-graded score. On-line registration is at www.signmeup.com. Additional information available at www.FRTR.org. Questions can be forwarded to Gary Moss (630-513-2969, teammoss@sbcglobal.net) or Winston Rasmussen (630-930-9341, w.rasmussen@comcast.net).



Under construction

Revised 2006 FRTR Circuit!



Under construction

Due to construction taking place in downtown Aurora this year there will not be any Walter Payton "Sweetness" races.

Therefore the June 11th date on the circuit calendar is being replaced by the Downers Grove 5 & 10 mile races on June 18th. The revised schedule is printed below and is also available for viewing at www.frtr.org

DATE	LOCATION	DISTANCE	CARA
19-Mar	Cary 'March Madness'	Half Marathon	
2-Apr	Shamrock 'Shuffle'	8K	X
23-Apr	Batavia 'Fox Trot'	5K	
7-May	St. Charles 'Great Western'	Half Marathon	X
29-May	Elgin 'Fox'	5K, 10 Miler	X
4-Jun	Roselle 'Run for the Roses'	5K	X
18-Jun	Downers Grove	5 mile, 10 mile	X
24-Jun	Geneva 'Classic'	5K, 10K	
1-Jul	Palatine 'Young Life'	5K	
26-Jul	Geneva 'Viking Sunset'	5K	
5-Aug	North Aurora 'Days'	5K	
26-Aug	DeKalb 'Cornfest'	10K	X
4-Sep	Park Forest 'Scenic 10'	5K, 10 Miler	X
10-Sep	Zurich 'Alpine'	5k, Half Marathon	
22-Oct	Chicago Marathon	Marathon	X
29-Oct	Sycamore 'Pumpkinfest'	10K	X
4-Nov	Cantigny 'Veterans'	5K	
11-Nov	Montgomery 'Gobbler Hobbler'	10K	
Totals: 18 Locations		23 Races	9

February Birthdays

1	Deb Anderson, Luke Boehm	17	Matt Dalpiaz, Paul Jurgens	25	James Mathewson
4	Sarah Derylo		Bob McKeague	27	Craig Collins,
5	Steve Kaptan	19	Al Edgcombe, Kelly Scoville		Jennifer Zuri
7	Shawn Ginsberg	20	Brian Ahearn	28	Claire Ginsberg
10	Jim Newman, Tracy Polaski	21	Bob Unger		
11	Lauren Gurnik, Sheryl Piro	22	Kieth Breslich		
14	Katie Boehm, Elizabeth Cummings				
	Jessica Nolte				
16	Terry Bucki				

HOW TO KEEP RUNNING INJURY FREE IN 2006

BY Dr. David Ginsberg

Information referenced from Matt Fitzgerald RESOLVE TO STAY INJURY FREE

Most of you reading this are runners, and as runners you naturally love to run and do it every chance you get unless of course you get hurt. Most running injuries, or athletic injuries are overuse injuries. These types of injuries occur for several reasons: over-training, poor technique, improper equipment, and muscular or musculoskeletal imbalance. By understanding the major causes above it is much easier to attempt to prevent injury.

Let's discuss the causes individually and provide common sense solutions to prevent injury. First, whenever you are changing to a new brand of running shoe, I would suggest doing this gradually. Keep a pair of running shoes that you like or are okay and then rotate in the new brand every other day for a few weeks. This will help to identify likes and dislikes of the new shoe. Also, make sure that if you have a specific need from a shoe due to biomechanical problems like pronation or supination that you are purchasing a shoe that is meant to support that particular problem.

The common overuse injury is due to over-training. This more specifically is caused by increasing mileage and or intensity too quickly. This increase in mileage results in muscle breakdown with inadequate time to fully repair itself. This is most commonly seen with beginning marathoners, but also occurs quite frequently in the spring after many runners have hibernated a bit. If you have taken some time off or are new to running, try to avoid increasing your distance or time by more than 10% per week. More specifically, if you run 15 miles per week or less on average you shouldn't increase your weekly mileage by more than about one half to one mile per week. After 2 weeks at this new distance you can increase total weekly mileage by another half a mile or do 2 runs per week at the increased distance. This principle also applies to intensity. Meaning that more intense workouts should begin only after a period of moderate intensity workouts. By increasing the miles, amount of minutes you run (also should be around 10% per week) and intensity gradually you decrease the risk of an overuse injury.

Finally, muscular imbalance or musculoskeletal imbalance is the final culprit in overuse injuries. Having a tight muscle or one muscle group that is significantly stronger or weaker than its counterpart results in abnormal stress on the joints, ligaments and muscles. In addition, foot pronation, tibial rotation, hip or spine misalignment can create the same stresses described above resulting in overuse injury. A stretching or strengthening program to help create balance can go a long way in injury prevention. Detection and regular correction of spinal misalignments and or the use of heel lifts or corrective orthotics can also prevent overuse injuries by reducing musculoskeletal imbalances.

To summarize: Avoid doing too much too soon, strive to improve your running technique, ensure you have the proper running shoes for your body, employ a stretching/strengthening program to correct muscle imbalances and have your back and lower leg joints evaluated for imbalances and have them corrected by a qualified chiropractor.

Dr. Ginsberg has a private practice in Geneva Illinois, is a 2 time Chicago Marathon finisher and Boston Marathon finisher, as well as, multisport athlete and FRTR member. For more information contact Dr. David Ginsberg at 232-6400 or dsginz@elnet.com.

WELCOME NEW MEMBERS:

REBECCA STRADER from South Elgin
ROB ULASZEK from St. Charles
SHANE COLE from Batavia
CHUCK STICKNEY from St. Charles
JOE KOWALSKI from Sycamore
MARK DRENDEL from Hampshire
LATONYA ROBINSON from Darien
CHRIS MILLER from Naperville

We're glad to have you!

Great Western Update...

by W. Rasmussen

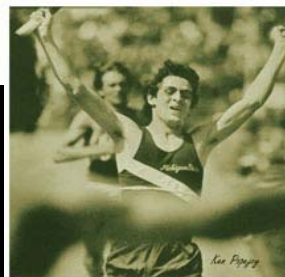
Registration is going great for the Great Western. As of last weekend, February 5th, we had 160 runners signed up. We usually don't get this many so early, but it reflects the tremendous interest in Half Marathons. Thirty percent of the registrants so far have indicated that this is their first Half Marathon. We are glad that they have chosen to run it with us. Remember the race is limited to 800 entries, and it is very possible that it will fill up by the 1st of April, so don't wait until the last minute. When you register, if you are both a CARA member and FRTR member, use your FRTR membership number and discount. That will make it a lot easier to pull results for the race, because Joe will know exactly who registered.

Volunteers please send a note to me and I will put your name on the volunteer list. If you have a particular assignment that you are experienced with and like to do, include that in your note, and we will make every effort to accommodate. Tom Jurgens will coordinate the water stops, course marshals and mile split timers. Al Edgecombe will coordinate the volunteers who work parking, packet pickup, refreshments and the finish line. I estimate that we will need at least 75 to 80 volunteers.

THIS IS OUR RACE-SO LET'S SHOW 'EM HOW IT SHOULD BE DONE!

Now 7 locations!

<p><u>St. Charles</u> 303 N. 2nd St. (Rte 31) 630 587-0745</p>	<p><u>Lisle</u> 2783 Maple Ave. 630 357-6884</p>	<p><u>Carol Stream</u> 26W321 St. Charles Rd. 630 665-3316</p>	<p><u>Barrington</u> 203 W. Northwest Hwy 847 842-1753</p>
<p><u>Schaumburg</u> 927 S. Roselle Rd. 847 985-9720</p>	<p><u>Elmhurst</u> 124 N. York St. 630 832-7685</p>	<p><u>Crest Hill</u> 16133 Weber St. 815 588-0908</p>	



DICK POND
 ATHLETICS INC.
NOW IN CREST HILL!
 16133 Weber St.
 Crest Hill, IL 60435
 815-588-0908

Our 7th Location
FOR PHONE ORDERS CALL
630-665-3316
 carol stream - schauburg - lisle
 barrington - st. charles - elmhurst

DICK POND
 ATHLETICS INC.





2005 FRTR Circuit award winners: (L to R) Rob Fagan 2nd place M15-19, Catherine Sullivan 2nd place W15-19, Krista Moss 1st place W15-19, Adam Ahlden 1st place M15-19.



2005 FRTR Circuit award winners: (L to R) Dick Lamermeyer 1st place M75-79, Bob McKeague 1st place M80+

There were many more winners from all age groups who posed for their pictures last Saturday night and you can find those pictures on the club website.

(Continued from page 7)

mud and sloppy running to be considered authentic.

I was able to pick up on many of the conversations around me as I ran. I could tell just by context that they were runners talking about running. As this race was at the beginning of December, all of the major world marathons had already played out and I couldn't help smiling as I heard several runners chattering in Dutch with the words "New York" and "Chicago" obvious in their native language conversations. This along with the presence of many marathon "finisher" shirts from the States made it seem a little more like being home.

It was about this time that I started hearing the "splish, splash" of a runner just behind me. A quick glance allowed me to notice that there was a rather tall woman shadowing me. She was hovering there, not really moving up. As I began passing other men and women on the path, she stayed off my left shoulder. As faster runners passed me, she just continued to draft.

After looping through the wooded part of Amsterdam, we were back on the streets and returning to the Olympic Stadium. The Olympic Torch standing by the entrance to the stadium was evident as soon as we left the woods and truly seemed to be there to guide us back. My "shadow" was still with me as we entered the stadium and hit the track. I put on a bit of speed and did my last lap on the Olympic track, stepping on the timing mat at 49:10 (chip time).

At the end of the race there was water and some snacks, as well as a mass of people squeezing into the pub. As I was heading in to get out of the cold and enjoy a well deserved post-race beer, a woman came up to me jabbering excitedly in Dutch. She looked at the back of my windbreaker, pointing at the American Airlines logo and continued. After a couple of seconds of this, I said to her: "Do you speak English?" Her reply was "Yes" and a huge smile. She immediately switched to speaking English. It turned out she was the woman who had been pacing off me throughout the race and had just posted a PR for her 10K run, finishing a mere five seconds behind me. While she was very excited, I didn't have the heart to mention that my time was two minutes slower than my usual 10K time and four minutes slower than my PR. I decided to enjoy the race and her PR, congratulating Maja Groothuis on her terrific performance as her husband and kids escorted her off to meet Sinta Klaas.

Well, regardless of the finish time for me, it was a spectacular race. I had an opportunity to enjoy a taste of our Christmas tradition a little early and even if I really wasn't an Olympic athlete, I did feel like one.

(Thank you Chuck!)



**Olympisch Stadionloop 2005
Amsterdam, The Netherlands**

By Chuck Evans

Traveling overseas on business at the beginning of December has its consolations and one of those is finding a race in Amsterdam on Sunday, December 4, 2005. The Olympisch Stadionloop 2005 10 K race was a fun event. Along with the 10K were a 5K and various “fun runs” for the kids. It was a chip timed blast and a great way to spend a day in old Amsterdam.

The race turned out to be rather special for many reasons. The first was the venue. The race would begin and end on the track of the Olympic Stadium (Olympisch Stadion). This was home for the 1928 Olympics. As a brief historic recap, the 1928 Olympics introduced the torch, women track and field events, Johnny Weissmuller (oh, come on... you know who this is) and a hard driving President of the United States Olympic Committee, General Douglas MacArthur.



The second reason that this race had a special appeal is that it was being held the day before Sinta Klaas Day (December 5th). What is Sinta Klaas Day? Well, say “Sinta Klaas” with a mouth full of peanut butter and it sounds like... “Santa Claus”. While I will not pretend to be an expert on the derivation of the holiday, it was amalgamated into our current Christmas tradition and has many features that will sound rather familiar. First, there is Sinta Klaas or Saint Claus. He’s a venerable old man with a white beard dressed in red. He is clearly a cleric and is attended by his assistant Svarte Piet (“Black Pete”) who is sort of an elf. Actually, Piet would not be particularly welcomed in the U.S. as his role is clearly that of a slave and his name does suggest his racial origin. In Holland, many things are tolerated and this anachronism is one.

My friend, Andre Handgraaf, picked me up at my hotel in the town of Hoofddorp on Sunday morning. Hotel DeBeurs is a century old inn in the heart of this small Dutch city. I like the feel of the old place and it is particularly convenient for running. In Holland, a network of bicycle paths link cities just like roads for automobiles do here. These are excellent paths for running.

Andre’s plan was to drop me off and then proceed to his son’s soccer game. After the race I would just have to take the local rail back to Hoofddorp. I was pre-registered for the 10K race at a pre-raceday price of seven Euros. The Dutch have a notorious reputation for being frugal and the way they conduct races truly fit with that stereotype. I was handed a packet with a timing chip and a bib number. No shirts, power bars, water bottles, ink pens or key chains... just the basic stuff to get the race started, all for just under ten dollars.

Language is really no problem in Holland. The Dutch have one of the finest language educations in the world. Additionally, on Dutch television and in Cinemas, they rarely subtitle and never dub. It is truly a multi-lingual country and asking for help or instructions was never a problem. My only communication problem was caused by a case of laryngitis that I noticed starting up on Friday night. While my speaking English was not a problem for the Dutch organizers, the fact that I could only whisper in the din created by nearly one thousand runners was.

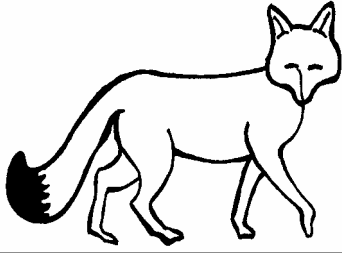
One thing about Europe is that no space is wasted. This large group completely filled the meeting room and then ten minutes before the start of the 10K race compressed themselves down to squeeze through the narrow hallways underneath the stadium as they pressed on towards the starting line. Once outside, things expanded a bit, but we were still a very large group that would be forced through a funnel created by the mats for the chip timing device.

At the starting gun our 10K race began with one lap of the Olympic Stadium track. Even with the seats empty, it was rather awesome running on a track where some of the greatest track and field athletes in the world had run before cheering crowds. Additionally, even in the somewhat empty stadium there was plenty of crowd support. There was a lot of noise being generated by cheers and a booming PA system.

Running around the track was tight. Even with all the lanes open, we were elbow to elbow as we made our lap. At the end of the lap, we were directed into a tunnel that sent us outside the stadium on to local city streets. There was no real traffic control so we ran on the sidewalks and bicycle paths adjacent to the street. Again, the running was tight, but the crowd was starting to spread out.

Within a few blocks we were in “The Amsterdam Woods”, a large park in the interior of Amsterdam. We turned onto a path that ran along a canal. At this point we had gone from pavement to dirt and as there had been a lot of rain over the prior week there was a lot of mud to contend with. It simply supported my opinion that all races in Europe must include

(Continued on page 6)



FOXTALES

FOX RIVER TRAIL RUNNERS
P.O. Box 371, Geneva, IL 60134



“The Running Authority for the Great Western Suburbs”

WEATHER FACTS: 2/1/06 sunrise: 7:06 AM sunset:5:07 PM avg low: 16(F) avg high:31(F)

2/28/06 sunrise: 6:30 AM sunset: 5:41 PM avg low: 21(F) avg high:36(F)

Interested in advertising in FOXTALES?
Contact us at frtrnews@sbcglobal.net for rate inform.

Snail Mail to: FRTR News, PO Box 371, Geneva, IL 60134

2005 Fox River Trail Runners - Runners Council

PRESIDENT:	Winston Rasmussen	(630) 393-4952	w.rasmussen@comcast.net
VICE PRESIDENT:	R.C. Fagan	(815) 790-5641	rfaganclu@juno.com
SECRETARY	OPEN		
TREASURER:	Dave Gurnik	(630) 355-8306	dgurnik@sbcglobal.net
DIRECTORS:	Tom Jurgens	(630) 879-6924	gozymt5304@sbcglobal.net
	Joe Arnold	(630) 323-2776	jarnold29@comcast.net
	Gary Moss	(630) 513-6269	team Moss@sbcglobal.net
	Al Edgecombe	(630) 389-9930	alan_1_edgecombe@yahoo.com

FOXTALES: is the official newsletter of the Fox River Trail Runners, a non-profit running organization dedicated to promoting running for fun and lifetime fitness. Membership in FRTR is open to all individuals regardless of age or ability. The Fox River Trail runners are proud to be a member of the Road Runners Club of America. We invite your letters, articles, photos and ideas. Please submit your information by the 15th of each month to frtrnews@sbcglobal.net